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Newport News, VA 23603

**Military OneSource**  
*militaryonesource.com*  
1 (800) 342-9647



## Deployment Support Programs

**Command Individual Augmentee Coordinator (CIAC) Resource Forum**  
These forums provide an opportunity to discuss the roles, responsibilities and resources available for CIAC's as they assume this new collateral duty. FFSC staff will additionally explain services, programs and resources for IA families during these unique deployments.

### Individual Augmentee (IA) Deployment Readiness Brief

IA Deployment Readiness Briefs cover information about personal, practical, and financial preparation; community resources; communicating with family and coping skills. The uniqueness of an IA deployment will be discussed, as well as how FFSC can assist families with the new challenges of IA deployments.

### Individual Augmentee (IA) Family Discussion Group

Meet recently returned IAs and spouses of IAs serving in various deployment locations. Tap into resources and support to manage the challenges that can occur with IA deployments.

### Individual Augmentee (IA) Homecoming Brief

This program explains potential physical and emotional effects of hazardous duty on Sailors and their family members, and identifies resources that provide help for military families.

## Command Support Programs

### Career Options and Navy Skills Evaluation Program (CONSEP)

This four-day course is designed to help active duty service members achieve their Navy and, ultimately, civilian career goals. Sponsored by Command Career Counselors, Navy College, and FFSC, this training includes career-making decisions, information on upward mobility, schools, apprenticeships, financial management, investment strategies, and creating work experiences that will lead to your success.

*\*First Term CONSEP Workshop*  
*\*\*Mid-Career CONSEP Workshop*

### Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

### Exceptional Family Member POC Training

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated EFMP POC in the Hampton Roads area.

### FAP Command Leadership Training

This is a one-day introductory course that emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues and reporting. Who should attend: COs, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

### Family Readiness Group (FRG) Leadership Training

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

### Navy Family Ombudsman Basic Training

This training consists of 13 modules that help official command ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

### SAPR Command Data Collection Coordinator Training

The Sexual Assault Prevention and Response (SAPR) Data Collection Coordinator (DCC) training is 2 hours. The training will certify individuals designated by their Commanding Officers to collect data through coordinated efforts with all agencies assisting a victim of sexual assault. Individuals certified as DCC will

**DEPARTMENT OF THE NAVY**  
*Fleet and Family Support Centers of Hampton Roads, Virginia*  
7928 14th Street  
Norfolk, VA 23505-1219

## Official Business

not have victim contact, but will ensure timely filing of initial, continuation, and final SITREPs. The DCC will obtain the data elements in a Sexual Assault Incident Data Collect Report.

### SAPR Command Liaison Training

The Sexual Assault Prevention and Response (SAPR) Command Liaison training is 4 hours. The SAPR Command Liaison works for the Commander on behalf of a victim in a sexual assault case. Command Liaisons are appointed to specific sexual assault cases and serve as the victim's contact with command leadership. Command Liaisons are responsible for keeping victims apprised of developments in their cases and work closely with command leadership to ensure that victim needs are being met. The Command Liaison can also represent their command at the Sexual Assault Case Management Group (SACMG) meeting.

### SAPR Command POC Training

Sexual Assault Prevention and Response (SAPR) POC Training initial training is 4 hours. The Command SAPR POC is responsible for coordinating mandated annual awareness, prevention and education training. The SAPR POC maintains and provides current information and referrals to base and community programs for victims. The SAPR POC ensures mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending the four hour training will be designated by their command and will represent the command in all sexual assault cases.

### SAPR Refresher Training

This single-session workshop is an advanced training that provides relevant information, opportunity for discussion, and SAPR program updates. Who should attend: Any individual previously trained as a SAPR POC or Advocate.

### SAPR Victim Advocate Basic Training

This four-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: Command-appointed SAPR POCs and SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

### Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

## Counseling/Support Programs

**Changes**  
Changes is a support group for active duty military members experiencing an interpersonal separation/divorce. Goals include a reduction of confusion and anger, the rebuilding of positive self-esteem, and the identification of support resources. Call 444-2102 for a brief pre-screening and more information.

### Changing Anger Patterns Support (CAPS) Group

This group is for active duty military personnel who have in-depth anger management needs. Individuals who have been through BEAMS and wish to continue working in a group setting are also welcome. Potential members attend an assessment session with a counselor and are asked to participate in at least eight sessions.

### Couples Workshop

Do you have trouble communicating with your partner? Do you find yourself arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem solve, and strengthen your relationship. Open to military beneficiaries and their partners.

## Military Life Skills Education Programs

### Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel, and their adult family members aged 18 and above. The BEAMS course is designed to prevent anger

from escalating to violence. Participants learn to develop new and effective coping strategies.

### Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

### Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

### Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians", yet come to the job with no specific training. This interactive single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

### Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

### Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses, network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

### Maintaining Respect in the Workplace

This program assists service members to interact personally and professionally in a manner that upholds the Navy's principles and core values. Participants are provided education on self-respect, healthy boundaries that foster mutual respect, preventing sexual assault through bystander awareness, and behaviors that encourage a positive work environment.

### New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

### Operation Prepare

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Operation Prepare public awareness program.

### Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond



**Fleet & Family Support Center's Portsmouth Office** is located at the Naval Medical Center in Bldg. 249, beside the Child Waiting Center. We offer Counseling, New Parent Support, Exceptional Family Member Program information, and FAP services. We can also connect you to Financial, Deployment, Relocation, and Military Life Skills programs. For more information, or to register for a class, call (757) 953-7801.

to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

### Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

### Personal Communications

Would you like to improve your personal communication skills? This two-session, educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

### Single Parenting in the Military

This single-session workshop explores ways for active duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child about their other parent, dating, resources for single military parents, and more.

### Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for communicating effectively with young children; and much more.

### Systematic Training for Effective Parenting (STEP): Schoolage

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

### Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

### Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, TRICARE, financial planning, and more.

## Personal Financial Management Programs

### Art of Money Management

This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

### Banking and Financial Services

This single-session program provides information and hands-on skill-building dealing with checkbook management. Topics include choosing a bank or credit union, banking fees, tracking ATM transactions, local bad check laws, and the military

# FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

# SIGNAL

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The Navy's *Exceptional Family Member Program (EFMP)* is designed to assist Sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process.

Fleet and Family Support Center's EFMP liaisons:

- Work closely with Military Treatment Facility EFM Coordinators.
- Assist families with the completion of EFM enrollment forms.
- Provide information, referral and general program information to EFM families tailored to meet their specific needs.
- Refer families to EFM specific educational, recreational and cultural activities.
- Coordinate with other support agencies, including medical and recreational facilities, community service agencies, and private organizations.

For more information about EFMP, contact the FFSC nearest you.

### Identity Theft Protection

This single session workshop explains the different types of identity theft, teaches ways to guard against identity theft, discusses ways to manage your personal information, and offers steps you should take if your identity is stolen. Open to military members and their families.

### Million Dollar Sailor

A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

### Retirement Planning

This single session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must, if you are leaving the military.

### Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and invest wisely. Explore various investment options and learn which instrument best suits you and your individual goal.

### SMART Start: Finances for Newlyweds

Smart Start Finances for Newly Weds provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

### TSP – Your Key To Financial Independence

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

## Relocation Assistance Programs

### Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

### Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring, and separating military personnel, and their families.

## Family Employment/ Transition Assistance Programs

### Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

### Effective Resume Writing

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop includes tips on translating military terminology.

### The Federal Employment System

In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

### Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

### Job Network

Job Network is a monthly one-hour employer panel of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

### Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

### Transition Assistance Program (TAP)

TAP is a four-day workshop for separating military and pre-retirees. It covers resume writing, interviewing skills, salary negotiations, military benefits, and other topics that facilitate a smooth transition from the military to the civilian community. If space is available, spouses may accompany the transitioning member. *TAP is held in Bldg. U-93 at Naval Station Norfolk. See your command career counselor for a quota to attend TAP.*

### Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

### VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.

*A Virginia Employment Commission (VEC) representative is available for assistance at:*  
• FFSC Little Creek every Thursday 1:00-4:30 pm.  
• FFSC Norfolk daily.  
• FFSC Yorktown every first and last Wednesday.

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| FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS |                         |           |                      |          |                     |
|--|-------------------------|-----------|----------------------|----------|---------------------|
| <b>L</b>   | Little Creek • 462-7563 | <b>N</b>  | Norfolk • 444-2102   | <b>O</b> | Oceana • 433-2912   |
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PROGRAM CALENDAR

| FFSC PROGRAMS  |  | OCTOBER   |  | NOVEMBER  |  | DECEMBER  |  |
|--|--|---|--|---|--|---|--|
| DEPLOYMENT SUPPORT PROGRAMS  |  |   |  |   |  |   |  |
| Command Individual Augmentee Coordinator (CIAC) Resource Forum       |  |   |  | NOV 16, 9:00-11:00 am (O)   |  |   |  |
| Individual Augmentee (IA) Deployment Readiness Brief                 |  | OCT 4, 2:30-4:30 pm (O)<br>OCT 20, 9:00-11:00 am (Y)  | OCT 25, 9:00-11:00 am (N)  | NOV 22, 1:00-3:00 pm (N)  |  | DEC 7, 9:00-11:00 am (Y)<br>DEC 8, 2:30-4:30 pm (O)   | DEC 20, 5:30-7:30 pm (N)   |
| Individual Augmentee (IA) Family Discussion Group                    |  | OCT 12, 9:00-11:00 am (Y)   | OCT 12, 6:00-8:00 pm (N)   | NOV 8, 9:00-11:00 am (Y)  | NOV 9, 6:00-8:00 pm (O)  | DEC 13, 9:00-11:00 am (Y)   | DEC 14, 6:00-8:00 pm (L)   |
| Individual Augmentee (IA) Homecoming Brief                           |  | OCT 5, 8:00-10:00 am (Y)  | OCT 20, 1:00-3:00 pm (N)   | NOV 8, 5:30-7:30 pm (O)   | NOV 17, 5:30-7:30 pm (N)   | DEC 7, 6:00-8:00 pm (L)   | DEC 13, 1:00-3:00 pm (N)   |
| COMMAND SUPPORT PROGRAMS   |  |   |  |   |  |   |  |
| Career Options and Navy Skills Evaluation Program (CONSEP)           |  | OCT 17-20 (M-TH) 8:00 am-4:30 pm (Mid Career) (O)<br>OCT 24-27 (M-TH) 8:00 am-4:30 pm (Mid Career) (N)<br>OCT 24-27 (M-TH) 8:00 am-4:30 pm (First Term) (L)           |  | NOV 14-17 (M-TH) 8:00 am-4:30 pm (Mid Career) (L)   |  | DEC 12-15 (M-TH) 8:00 am-4:30 pm (Mid Career) (Y)   |  |
| Deckplate Resource Awareness Training                                |  | OCT 12 & 13 (T&W) 8:00 am-4:00 pm (N)<br>OCT 25 & 26 (T&W) 8:00 am-4:00 pm (O)  |  | NOV 7 & 8 (M&T) 8:00 am-4:00 pm (L)<br>NOV 14 & 15 (M&T) 8:00 am-4:00 pm (NN)<br>NOV 15 & 16 (T&W) 8:00 am-4:00 pm (N)<br>NOV 29 & 30 (T&W) 8:00 am-4:00 pm (O) |  | DEC 14 & 15 (W&TH) 8:00 am-4:00 pm (N)  |  |
| Exceptional Family Member POC Training                               |  | OCT 3, 8:00 am - noon (O)   |  | OCT 14, 8:00 am-noon (N)  |  | NOV 9, 8:00 am-noon (L) (NN)  |  |
| FAP Command Leadership Training                                      |  |   |  | NOV 3, 8:00 am-4:00 pm (Y)  |  |   |  |
| Family Readiness Group (FRG) Leadership Training                     |  | OCT 11, 6:30-9:00 pm (N)  |  | NOV 14-17 (M-TH) 6:00-9:00 pm (O)   |  | DEC 6, 6:30-9:00 pm (L) (Y)   | DEC 13, 6:00-9:00 pm (N)   |
| Navy Family Ombudsman Basic Training                                 |  | OCT 14-16 (F-SUN) 8:30 am-4:00 pm (O)   |  | NOV 1-3 (T-TH) 8:30 am-4:00 pm (NN)<br>NOV 2-4 (W-F) 6:00-9:00 pm, NOV 5 (SAT) 8:30 am-4:00 pm (N)  |  | DEC 2-4 (F-SUN) 8:30 am-4:00 pm (O)   |  |
| SAPR Command Data Collection Coordinator Training                    |  | OCT 12, 1:30-3:30 pm (L)  |  | NOV 10, 1:30-3:30 pm (O) (Y)  |  | DEC 5, 1:30-3:30 pm (N)   |  |
| SAPR Command Liaison Training  |  | OCT 3, 8:00 am-4:00 pm (N)  |  | OCT 25, 8:00 am-4:00 pm (Y)   |  | NOV 29, 8:00 am-4:00 pm (O)   |  |
| SAPR Command POC Training  |  | OCT 12, 8:00 am-noon (L)  |  | NOV 10, 8:00 am-noon (O) (Y)  |  | DEC 14, 8:00 am-4:00 pm (L)   |  |
| SAPR Refresher Training  |  | OCT 5, 9:00-11:30 am (N)  |  | NOV 15, 9:00-11:30 am (L)   |  | NOV 16, 9:00-11:30 am (Y)   | DEC 5, 8:00 am-noon (N)  |
| SAPR Victim Advocate Basic Training                                  |  | OCT 4-7 (T-F) 8:00 am-4:00 pm (O)   | OCT 11-14 (T-F) 8:00 am-4:00 pm (N)  | NOV 1-4 (T-F) 8:00 am-4:00 pm (L)   | NOV 7-10 (M-TH) 8:00 am-4:00 pm (N)  | DEC 7, 9:00-11:30 am (N)  | DEC 6-9 (T-F) 8:00 am-4:00 pm (L)  |
| Sponsor Training   |  | OCT 5, 1:00-3:00 pm (O)<br>OCT 12, 2:00-4:00 pm (L)   | OCT 26, 10:00 am-noon (N)  | NOV 15, 1:00-3:00 pm (O)  |  | DEC 13-16 (T-F) 8:00 am-4:00 pm (Y)   | DEC 7, 1:00-3:00 pm (L)<br>DEC 13, 10:00 am-noon (O)   |
| COUNSELING/SUPPORT PROGRAMS  |  |   |  |   |  |   |  |
| Changes  |  | OCT 5-27 (TH) 1:30-3:30 pm (N)<br>— Telephone pre-screening is required —   |  | NOV 3-17 (TH) 1:30-3:30 pm (N)<br>— Telephone pre-screening is required —   |  | DEC 1-29 (TH) 1:30-3:30 pm (N)<br>— Telephone pre-screening is required —                                   |  |
| Changing Anger Patterns Support (CAPS) Group                         |  | Tuesdays in OCT 8:30-10:30 am. Call for a screening appointment. (N)  |  | Tuesdays in NOV 8:30-10:30 am. Call for a screening appointment. (N)  |  | Tuesdays in DEC 8:30-10:30 am. Call for a screening appointment. (N)  |  |
| Couples Workshop   |  | OCT 4 & 6 (T&TH) 1:00-3:30 pm (NW)<br>OCT 13 & 20 (TH) 4:00-6:30 pm (N)   | OCT 31 & NOV 7 (M) 4:30-7:00 pm (L)  | NOV 1 & 8 (T) 2:00-4:30 pm (O)<br>NOV 10 & 17 (TH) 4:00-6:30 pm (N)   | NOV 15 & 22 (T) 4:00-6:30 pm (Y)   |   |  |
| MILITARY LIFE SKILLS EDUCATION PROGRAMS                              |  |   |  |   |  |   |  |
| Building Effective Anger Management Skills (BEAMS)                   |  | OCT 5-14 (W&F) 9:00 am-noon (L)<br>OCT 4-20 (T&TH) 9:00-11:00 am (NN)   | OCT 11-27 (T&TH) 2:00-4:00 pm (O)<br>OCT 12-21 (W&F) 8:30-11:30 am (N)   | NOV 1-17 (T&TH) 9:00-11:00 am (N)<br>NOV 28-DEC 9 (M,W,F) 9:00-11:00 am (L)   | NOV 28-DEC 14 (M&W) 2:00-4:00 pm (NN)<br>NOV 30-DEC 16 (W&F) 9:00-11:00 am (N)   |   |  |
| Building Healthy Relationships                                       |  | OCT 3, 6:00-8:30 pm (L)<br>OCT 5, 1:00-3:30 pm (NW)   | OCT 11, 6:00-8:30 pm (NW)  | NOV 8, 4:00-6:30 pm (Y)<br>NOV 8, 6:00-8:30 pm (NW)   |  | DEC 6, 5:00-7:30 pm (O)<br>DEC 13, 6:00-8:30 pm (N)   |  |
| Children and Divorce   |  | OCT 11 & 13 (T&TH) 2:00-4:00 pm (NN)<br>OCT 18 & 19 (T&W) 3:00-5:00 pm (N)  |  | NOV 2, 12:30-4:30 pm (O)<br>NOV 15, 8:00 am-noon (NW)   | NOV 21, 8:30 am-12:30 pm (L)   | DEC 7 & 8 (W&TH) 9:30-11:30 am (N)  |  |
| Dads and Discipline  |  | OCT 14, 9:00-11:30 am (NW)  | OCT 25, 2:30-5:00 pm (N)   |   |  | DEC 14, 2:00-4:30 pm (O)  |  |
| Enhancing Stepfamilies   |  |   |  |   |  | DEC 5, 2:00-4:30 pm (O)   | DEC 6, 2:30-5:00 pm (N)  |
| Foreign-Born Spouses Support Group                                   |  | OCT 28, 10:00 am-noon (O)   |  | NOV 18, 10:00 am-noon (O)   |  | DEC 16, 10:00 am-noon (O)   |  |
| Maintaining Respect in the Workplace                                 |  |   |  | NOV 7, 9:00-10:30 am (NN)   |  |   |  |
| New Parent Resource Awareness Workshop                               |  | OCT 3, 8:00 am-noon (Y)<br>OCT 4, 8:00 am-noon (L)  | OCT 7, 8:00 am-noon (N)  | NOV 4, 8:00 am-noon (N)   |  | DEC 2, 8:00 am-noon (O)   |  |
| Operation Prepare  |  |   |  | NOV 22, 9:00-11:00 pm (L)   |  | DEC 2, 9:00-11:00 am (Y)  |  |
| Parenting in a Military Family                                       |  | OCT 4 & 5 (T&W) 2:30-5:00 pm (N)<br>OCT 18 & 19 (T&W) 2:00-4:30 pm (O)  |  | NOV 1 & 3 (T&TH) 9:00-11:30 am (Y)<br>NOV 2 & 9 (W) 4:00-6:00 pm (N)<br>NOV 15 & 16 (T&W) 2:00-4:30 pm (O)  | NOV 15 & 17 (T&TH) 2:00-4:30 pm (NW)<br>NOV 28 & 30 (M&W) 12:30-3:00 pm (L)<br>NOV 30 & DEC 1 (W&TH) 9:00-11:30 am (N) | DEC 6 & 7 (T&W) 9:00-11:30 am (O)   |  |
| Parenting Teens  |  | OCT 12, 2:00-4:30 pm (O)  |  | NOV 29, 2:30-5:00 pm (N)  |  |   |  |
| Personal Communications  |  | OCT 3, 12:30-4:30 pm (NW)<br>OCT 4, 5:00-7:30 pm (O)  | OCT 11, 8:30 am-12:30 pm (L)   |   |  |   |  |
| Single Parenting in the Military                                     |  |   |  | NOV 15, 2:30-5:00 pm (N)  |  | DEC 1, 2:00-4:30 pm (O)   |  |
| Systematic Training for Effective Parenting (STEP) — Early Childhood |  |   |  | NOV 1 (T), NOV 3 (TH), 7-21 (M&TH) 4:00-6:00 pm (N)   |  |   |  |
| Systematic Training for Effective Parenting (STEP) — School-age      |  | OCT 17-NOV 7 (M&W) 10:00 am-noon (NW)<br>OCT 31-NOV 21 (M&TH) 2:30-4:30 pm (O)  |  |   |  |   |  |
| Stress Management  |  | OCT 11-20 (T&TH) 1:00-3:00 pm (N)<br>OCT 17-26 (M&W) 9:00-11:00 am (NN)   | OCT 25 & 27 (T&TH) 12:30-4:30 pm (NW)  | NOV 8-17 (T&TH) 1:00-3:00 pm (N)<br>NOV 29 & DEC 6 (T) 8:00 am-noon (Y)   |  | DEC 5 & 7 (M&W) 8:00 am-noon (NW)<br>DEC 5-14 (M&W) 2:00-4:00 pm (O)  | DEC 6-15 (T&TH) 1:00-3:00 pm (N)   |
| Welcome to the Military  |  | OCT 13, 9:00 am-noon (NW)   | OCT 19, 5:30-8:30 pm (N)   | NOV 22, 8:30-11:30 am (L)   |  |   |  |
| PERSONAL FINANCIAL MANAGEMENT PROGRAMS                               |  |   |  |   |  |   |  |
| Art of Money Management  |  | OCT 13, 8:00 am-4:00 pm (Y)<br>OCT 17, 8:00 am-4:00 pm (O)  | OCT 19, 8:00 am-4:00 pm (N)<br>OCT 31, 8:00 am-4:00 pm (L)   | NOV 2, 8:00 am-4:00 pm (Y)<br>NOV 14 & 15 (M&T) 4:30-8:00 pm (N)  | NOV 21, 8:00 am-4:00 pm (N)<br>NOV 22, 8:00 am-4:00 pm (O)   | DEC 12, 8:00 am-4:00 pm (N)   |  |
| Banking and Financial Services                                       |  |   |  | NOV 8, 8:30-10:00 am (N)  |  |   |  |
| Car Buying Strategies  |  | OCT 26, 10:00-11:30 am (N)  |  | NOV 7, 2:30-4:00 pm (O)   | NOV 16, 10:00-11:30 am (N)   | DEC 21, 10:00-11:30 am (N)  |  |
| CFS Forum and Financial Town Hall Meeting                            |  | OCT 7, 8:30-10:00 am (O)  | OCT 28, 9:30-11:00 am (Y)  |   |  | DEC 8, 1:00-2:30 pm (N)   | DEC 16, 8:00-9:30 am (L)   |
| Command Financial Specialist (CFS) Refresher Training                |  |   |  | NOV 14, 7:30 am-4:00 pm (O)   | NOV 16, 7:30 am-4:00 pm (N)  |   |  |
| Command Financial Specialist (CFS) Training                          |  | OCT 3-7 (M-F) 7:30 am-4:00 pm (N) (O)<br>OCT 17-21 (M-F) 7:30 am-4:00 pm (L)<br>OCT 24-28 (M-F) 7:30 am-4:00 pm (Y)<br>OCT 31-NOV 4 (M-F) 7:30 am-4:00 pm (L) (N) (O) |  |   |  | DEC 5-9 (M-F) 7:30 am-4:00 pm (N)<br>DEC 12-16 (M-F) 7:30 am-4:00 pm (L)                                    |  |
| Credit Management  |  | OCT 26, 8:30-10:00 am (N)   |  | NOV 7, 1:00-2:30 pm (O)<br>NOV 16, 8:30-10:00 am (N)  |  | DEC 1, 2:30-4:00 pm (O)<br>DEC 7, 2:30-4:00 pm (NW)   | DEC 19, 10:00-11:30 am (O)<br>DEC 21, 8:30-11:00 am (N)  |
| Developing Your Spending Plan  |  | OCT 19, 8:30-10:00 am (N)   |  |   |  | DEC 1, 1:00-2:30 pm (O)   |  |
| Division Officer Financial Leadership Seminar                        |  | OCT 6, 7:30 am-4:00 pm (NN)   | OCT 13, 7:30 am-4:00 pm (L)  | NOV 8, 7:30 am-4:00 pm (N)  |  | DEC 8, 7:30 am-4:00 pm (L)  |  |
| Homeownership  |  | OCT 18, 8:30 am-2:30 pm (N)   |  | NOV 29, 8:30 am-2:30 pm (L)   |  | DEC 6, 8:30 am-2:30 pm (O)  |  |
| How to Survive the Holidays Financially                              |  | OCT 18, 9:00-10:30 am (Y)   |  | NOV 2, 10:00-11:30 am (N)   |  | NOV 22, 8:00-9:30 am (NN)   | DEC 7, 1:00-2:30 pm (NW)   |
| Identity Theft Protection  |  | OCT 5, 8:30-10:00 am (NW)   |  |   |  | DEC 7, 1:00-2:30 pm (N)   |  |
| Million Dollar Sailor  |  |   |  |   |  | DEC 7 & 8 (W&TH) 8:00 am-4:00 pm (O) (Y)<br>DEC 20 & 21 (T&W) 8:00 am-4:00 pm (N)                           |  |
| Retirement Planning  |  | OCT 12, 1:00-2:30 pm (N)  | OCT 18, 8:30-10:00 am (O)  | NOV 9, 1:00-2:30 pm (N)   | NOV 28, 8:30-10:00 am (O)  | DEC 14, 1:00-2:30 pm (N)  | DEC 21, 1:00-2:30 pm (L)   |
| Savings and Investments  |  | OCT 12, 8:30-10:00 am (N)   |  | NOV 4, 8:00-9:30 am (NN)<br>NOV 9, 8:30-10:00 am (N)  | NOV 9, 1:00-2:30 pm (O)  | DEC 9, 8:00-9:30 am (NN)<br>DEC 14, 8:30-10:00 am (N)   | DEC 19, 8:30-10:00 am (O)<br>DEC 21, 8:30-10:00 am (L)   |
| SMART Start: Finances for Newlyweds                                  |  | OCT 24, 1:00-2:30 pm (N)  |  | NOV 9, 9:00-10:30 am (Y)  |  |   |  |
| TSP – Your Key to Financial Independence                             |  | OCT 12, 10:00-11:30 am (N)<br>OCT 18, 10:00-11:30 am (O)  |  | NOV 4, 9:30-11:00 am (NN)<br>NOV 9, 10:00-11:30 am (N)<br>NOV 9, 2:30-4:00 pm (O)   | NOV 9, 3:00-4:30 pm (NW)<br>NOV 28, 10:00-11:30 am (O)   | DEC 9, 9:30-11:00 am (NN)<br>DEC 14, 10:00-11:30 am (N)<br>DEC 21, 10:00-11:30 am (L)                       |  |
| RELOCATION ASSISTANCE PROGRAMS                                       |  |   |  |   |  |   |  |
| Overseas Transfer Workshop   |  | OCT 3, 9:00 am-4:00 pm (L)<br>OCT 12, 9:00 am-4:00 pm (O)   | OCT 18, 9:00 am-4:00 pm (N)  | NOV 9, 9:00 am-4:00 pm (L)<br>NOV 18, 9:00 am-4:00 pm (N)   |  | DEC 7, 9:00 am-4:00 pm (O)<br>DEC 22, 9:00 am-4:00 pm (N)   |  |
| Smooth Move Workshop   |  | OCT 4, 9:00 am-noon (O)<br>OCT 13, 8:30-11:30 am (N)  | OCT 26, 1:00-4:00 pm (NW)<br>OCT 28, 9:00 am-noon (L)  | NOV 2, 9:00 am-noon (O)<br>NOV 8, 9:00 am-noon (NN)   | NOV 17, 8:30-11:30 am (N)  | DEC 1, 9:00 am-noon (L)<br>DEC 6, 9:00 am-noon (NW)   | DEC 13, 8:30-11:30 am (N)  |
| FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS                     |  |   |  |   |  |   |  |
| Career Planning  |  | OCT 4, 9:00 am-noon (NW)  |  | NOV 7, 9:00 am-noon (O)   |  | DEC 6, 8:30-11:30 am (N)<br>DEC 6, 1:00-4:00 pm (L)   | DEC 30, 9:00 am-noon (L)   |
| Effective Resume Writing   |  | OCT 3, 1:00-4:00 pm (Y)<br>OCT 5, 9:00 am-noon (L)<br>OCT 6, 9:00 am-noon (O)<br>OCT 6, 1:00-4:00 pm (N)  | OCT 11, 9:00 am-noon (NW)<br>OCT 18, 8:30-11:30 am (N)<br>OCT 13, 9:00 am-noon (O)<br>OCT 27, 9:00 am-noon (O) | NOV 8, 9:00 am-noon (O)<br>NOV 8, 1:00-4:00 pm (N)<br>NOV 17, 8:30-11:30 am (NN)<br>NOV 21, 9:00 am-noon (O)  | NOV 22, 8:30-11:30 am (N)<br>NOV 28, 1:00-4:00 pm (O)  | DEC 1, 8:30-11:30 am (Y)<br>DEC 8, 9:00 am-noon (O)<br>DEC 14, 1:00-4:00 pm (N)<br>DEC 19, 9:00 am-noon (L) | DEC 20, 9:00 am-noon (O)   |
| The Federal Employment System  |  | OCT 4, 1:00-4:00 pm (Y)<br>OCT 6, 9:00 am-noon (L)<br>OCT 20, 8:30-11:30 am (N)   | OCT 24, 1:00-4:00 pm (O)<br>OCT 25, 9:00 am-noon (NW)  | NOV 1, 1:00-4:00 pm (N)<br>NOV 15, 9:00 am-noon (O)<br>NOV 17, 8:30-11:30 am (N)  |  | DEC 2, 8:30-11:30 am (NN)<br>DEC 5, 1:00-4:00 pm (NW)<br>DEC 6, 9:00 am-noon (L)                            | DEC 12, 9:00 am-noon (O)<br>DEC 13, 8:30-11:30 am (N)  |
| Interview Techniques   |  | OCT 5, 1:00-4:00 pm (N) (Y)   |  | NOV 8, 1:00-4:00 pm (NW)<br>NOV 9, 9:00 am-noon (O)   | NOV 9, 1:00-4:00 pm (N)<br>NOV 18, 8:30-11:30 am (NN)  | DEC 5, 9:00 am-noon (Y)<br>DEC 20, 9:00 am-noon (L)   |  |
| Job Network  |  | OCT 27, noon-1:00 pm (O)  |  | NOV 8, noon-1:00 pm (O)   |  | DEC 19, noon-1:00 pm (L)  | DEC 20, noon-1:00 pm (O)   |
| Job Search Strategies  |  | OCT 4, 8:30-11:30 am (N)  |  | NOV 1, 9:00 am-noon (NW)<br>NOV 2, 1:00-4:00 pm (N)   | NOV 10, 9:00 am-noon (O)<br>NOV 16, 8:30-11:30 am (NN)   | DEC 6, 8:30-11:30 am (NN)<br>DEC 20, 1:00-4:00 pm (L)   | DEC 30, 1:00-4:00 pm (L)   |
| Transition Assistance Program (TAP)                                  |  | Executive Retirement (E9, W04, W05, 05 and Above), Retiree Classes, Separatee Classes.  |  |   |  |   |  |
| VA Disability Benefits Review  |  | OCT 6, 8:30 am-5:00 pm (Y)<br>OCT 6 & 20 (TH) 7:30 am-4:00 pm (O)   | OCT 13 & 27 (TH) 7:30 am-4:00 pm (L)   | NOV 3 & 17 (TH) 7:30 am-4:00 pm (O)<br>NOV 10 (TH) 7:30 am-4:00 pm (L)  |  | DEC 8 (TH) 7:30 am-4:00 pm (L)<br>DEC 1 & 15 (TH) 7:30 am-4:00 pm (O)                                       | Use your smart phone to access the FFSC website by  |